GOOD NEWS FOR HOMEMAKERS

By
Shirley W. Walton
Extension Agent

Cooking Helps and Hints

There are times when we need to now how many cups we can get from a bag of flour or sugar. Below are listed some of the most frequently asked questions concerning ingredients:

Ingredient called for	Equivalent
1 pound all purpose flour	4 cups
1 pound granulated sugar	2 cups
1 pound powdered sugar	3½ cups
1 pound brown sugar	2¼ cups firmly packed
1 cup uncooked long grain rice	3 to 4 cups cooked rice
1 cup (4 ozs.) uncooked macaroni	2¼ cups cooked macaroni
7 ozs. uncooked spaghetti	4 cups cooked spaghetti
1 cup soft breadcrumbs	2 slices fresh bread
1 cup egg yolks	yolks of 11 or 12 lg. eggs
1 cup egg whites	Whites of 6 or 7 lg. eggs
1 cup whipping cream	2 cups whipped cream
1 cup shredded cheese	4 ozs. cheese
1 lemon	2 to 4 tablespoons lemon juice
1 orange	6 to 8 tablespoons orange juice and 2 to 3 tablespoons grated rind
1 lb. shelled pecans or walnuts	4 cups chopped pecans or walnuts

Mark your calendar for June 11-12. Appomattox County Homemakers are sponsoring "Ye Old Quilting Party." This will feature beautiful quilts and a special quilt booklet for each person in attendance. Demonstrations will include how to make the cathedral window quilt, how to quilt and how to applique.

Show times are 1-5 p.m. on Saturday, June 11, 1977, and 2-5 p.m. on Sunday, June 12, 1977. Quilts may be entered in the show on Saturday from 10 a.m. to noon.

Hint for the Week

Here is a great idea for last night's corn bread or corn muffins. Cut corn bread into pieces; split horizontally. Brush melted butter over each piece and sprinkle with cinnamon and sugar or brown sugar. Broil until corn bread is toasted to a golden brown.

RECIPE OF THE WEEK
Confetti Coleslaw
[For Clockwatchers]

1½ cup chopped cabbage
1 Cup shredded carrot
1 cup sliced celery
½ cup raisins
Salad Dressing

Combine cabbage, carrot, celery, raisins and enough salad dressing to moisten. Toss lightly. Serves 4 to 6.

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THEATER ARTS PRODUCED BY APS STUDENTS

With the assistance of Mrs. Cass Jendzurski, a parent volunteer pictured in the background, first year students of Mrs. Yvonne Paulette's class utilized role-playing, paper masks, singing, and narrating to produce a musical version of "The Three Billy Goats Gruff."

School staff members recognize the importance of allowing children opportunities and experience in creative and mental growth, as outlined in the Gifted and Talented Objectives for the APS students. Participation by all twenty-five students provided personal growth for each child in the drama production.

Central Virginia Speech & Hearing Initiates New Program

The Central Virginia Speech and Hearing Center in cooperation with the Central Virginia Commission on Aging and the United Way of Central Virginia announces the institution of a new program for the hearing impaired over 60 years of age. The program is comprehensive in that any individual over sixty may have their hearing evaluated and receive any necessary rehabilitative services at no cost. Services to be provided include hearing screenings, hearing and hearing aid evaluations, hearing aids, medical referrals and aural rehabilitation to include speech-reading training, auditory training and speech conservation.

Mr. Ernest Edwards, Executive Director of the Central Virginia Speech and Hearing Center, stated, "We are very pleased to be able to offer this service to the Central Virginia Community. For many years we have observed persons over sixty not receiving services because of limited incomes. The commission on Aging and the United Way have now made it possible to serve many of the area's hearing impaired senior citizens."

"HEAR is unique in Virginia in that it is the only comprehensive plan of hearing rehabilitation directed solely at the senior citizens whereby no cost to the individual is involved," indicated Mr. Wallace Clair of the Commission on Aging. The plan is one of a regional nature. persons 60 and over in any area of Central Virginia including Amherst, Appomattox, Bedford and Campbell Counties and the City of Lynchburg can receive services.

Persons interested in participating in this program should contact the Central Virginia Speech and Hearing Center or the Commission of Aging.

WRECK ISLAND CLUB TO MEET

The Wreck Island Extension Homemakers Club will meet on Wednesday, June 15, 1977 at 1:30 p.m. at the home of Mrs. Louise Lawson.

Members are urged to please plan to attend this meeting. Visitors are welcome.

Campbell County/City of Lynchburg Soil Survey Complete

The new soil survey of Campbell County and the City of Lynchburg has been published and is available. The survey report is a throughly modern document incorporating the latest scientific knowledge. It was made by the U. S. Department of Agriculture's Soil Conservation Service in cooperation with VPI&SU, Campbell County, Lynchburg and the Robert E. Lee and Water Conservation District.

Soil scientist went over the area acre by acre. They observed the steepness and length of slopes, the size and speed of streams, the kinds of native plants, the kinds of rock and many other facts about the soils. They bored holes and examined the profile or sequence of natural layers. They have looked for limiting characteristics, such as weak load-bearing ability, poor internal drainage and degree of erosion. They classified and named the soils according to a nationwide system.

The soil scientist sketches the boundaries of the different kinds of soil on an aerial photograph. These photographs show woodlands, buildings, fields, roads and other details that help draw the soil boundaries accurately.

While the soil survey was in progress, samples of various soils were laboratory tested to insure uniform classification. Yields under defined management are estimated for all soils.

Users will find the published soil survey a fascinating document. One can spot the tract of land on the aerial photograph-type maps. Code letters key back to narrative on your individual soil. The text tells:

1. which soils are wet or well-drained.
3. which soils have good potential for cropland, pasture-land or woodland.
3. which soils have suitable load-bearing characteristics for buildings.
4. which soils are more suitable for septic tank drainfields - - - and much more.

The use of the soil survey is the only practical way to bring the latest research information and experience to bear on specific land-use problems.

Engineers, sanitarians, planners, developers, professional agricultural workers and others will benefit from the soil survey report. Single maps or copies of the report are available at the Rustburg office of the USDA Soil Conservation Service.

Appomattox FFA Recognized For Safety

The work of the Appomattox County FFA Chapter in safety education has been judged best in the Southside Area. Chapter safety is a national awards program designed to encourage FFA members to take a more active role in the promotion of safety.

The chapter's major community safety project was tractor safety. The unit carried out seven activities in the promotion of this project.

The work of the chapter will be considered along with that of five other area winners for the state award. Presentation of the state award will be a program feature of the 1977 State FFA Convention at Blacksburg, June 14-17.

Appomattox Senior FFA Best Overall

The Appomattox Senior FFA Chapter has been judged area winner of the 1977 FFA Chapter Contest. In selecting the area winner, the committee considered the accomplishments of thirty-two local chapters in the fourteen-county area.

The Appomattox chapter has 254 active members. In cooperation with the Appomattox Junior FFA Chapter, an outstanding Building Our American Communities program was carried out. The chapter worked with eleven school and community organizations in BOAC and safety activities.

The chapter raised more than $16,000 through fund-raising activities to finance its program. Members participated in a community service project to help needy families at Christmastime.

The chapter cooperated with other agencies in fire prevention, production of food for wildlife and reforestation. Members exhibited nearly 400 items in local, regional, and state fairs.

VIRGINIA FIBRE LISTS WOOD PURCHASES FOR WEEK

Listed below is the total dollar volume of wood purchased for the week ending May 29, 1977 by Virginia Fibre Corporation of Riverville. Purchases are listed by counties.

Albermarle	$3,091.66
Amelia	911.72
Amherst	5,706.45
Appomattox	8,552.51
Augusta	345.75
Bedford County	1,986.97
Buckingham	9,197.62
Campbell	2,808.80
Charlotte	—
Cumberland	3,304.60
Goochland	—
Nelson	8,448.02
Prince William	760.98
Pittsylvania	748.24
Prince Edward	766.15

We feel this information will be of interest to our readers not only in Appomattox County but in adjoining counties.

Gift Ideas for The Happy Pair

The wedding season is upon us and conscientious guests-to-be are racking their brains to avoid the usual 6-toasters, 5-irons dilemma for the bride.

Fortunately, there are many useful, interesting gift items available that are not apt to be duplicated. For instance:

- For the coffee-loving couple, a mini coffee mill that grinds beans in seconds is ideal.
- A hurricane lamp will not only be an attractive addition to the newlyweds' decor, it'll come in handy during an emergency.
- Get them off to a good gourmet start with an electric pan designed for making crepes suzette and the like.

Local Man Returns From Naval Cruise

MAY 25 - Navy Hospital Corpsman Second Class Neal N. Cabaniss, son of Mr. and Mrs. C. B. Cabaniss of Route 4, Appomattox, Va., has returned from an extended deployment in the Mediterranean Sea.

He is serving as a crewmember aboard the amphibious assault ship USS Guam, homeported in Norfolk, Va. While deployed, his ship operated as a unit of the U. S. Sixth Fleet.

The Guam was a member of a special U. S. Task force which transited the Suez Canal during November 1976 and participated in the ceremonies commemorating the 13th anniversary of Kenyan independence.

During the cruise, he and his fellowshipmates participated in the major Sixth Fleet exercise "National Week XXII" in the Tyrrhenian and Ionian Seas, near Sicily. The Guam also participated in the joint U. S./Spanish exercise "Phiblex 4-77" and joined other Sixth Fleet units for amphibious exercises off the coasts of southern Italy and Greece.

In addition to Spain, Italy and Kenya, he and his fellow crewmembers also had the opportunity to visit Egypt and France. His ship is designed to transport assault forces for amphibious operations. She normally embarks a Marine battalion landing team and Marine helicopter squadron during a deployment.

A graduate of Appomattox County High School, he joined the Navy in February 1973.

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